



National Nutrient Database for Standard Reference
Release 28 slightly revised May, 2016

Full Report (All Nutrients) 09092, Figs, canned, heavy syrup pack, solids and liquids

Report Date: June 30, 2017 04:56 EDT

Nutrient values and weights are for edible portion.

Food Group : Fruits and Fruit Juices

Carbohydrate Factor: 3.75 Fat Factor: 8.37 Protein Factor:3.36 Nitrogen to Protein Conversion Factor:6.25

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup 259g	1 fig with liquid 28g
Proximates						
Water	g	76.33	18	0.146	197.69	21.37
Energy	kcal	88	--	--	228	25
Energy	kJ	368	--	--	953	103
Protein	g	0.38	18	0.012	0.98	0.11
Total lipid (fat)	g	0.10	18	0.000	0.26	0.03
Ash	g	0.29	18	0.011	0.75	0.08
Carbohydrate, by difference	g	22.90	--	--	59.31	6.41
Fiber, total dietary	g	2.2	--	--	5.7	0.6
Sugars, total	g	20.70	--	--	53.61	5.80
Minerals						
Calcium, Ca	mg	27	18	0.696	70	8
Iron, Fe	mg	0.28	18	0.017	0.73	0.08
Magnesium, Mg	mg	10	17	0.218	26	3
Phosphorus, P	mg	10	18	0.297	26	3
Potassium, K	mg	99	17	2.949	256	28
Sodium, Na	mg	1	18	0.076	3	0
Zinc, Zn	mg	0.11	18	0.003	0.28	0.03
Copper, Cu	mg	0.106	18	0.004	0.275	0.030
Manganese, Mn	mg	0.084	--	--	0.218	0.024
Selenium, Se	µg	0.2	--	--	0.5	0.1
Vitamins						
Vitamin C, total ascorbic acid	mg	1.0	18	0.000	2.6	0.3

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup 259g	1 fig with liquid 28g
Thiamin	mg	0.022	18	0.000	0.057	0.006
Riboflavin	mg	0.037	18	0.002	0.096	0.010
Niacin	mg	0.428	18	0.020	1.109	0.120
Pantothenic acid	mg	0.069	--	--	0.179	0.019
Vitamin B-6	mg	0.070	--	--	0.181	0.020
Folate, total	µg	2	--	--	5	1
Folic acid	µg	0	--	--	0	0
Folate, food	µg	2	--	--	5	1
Folate, DFE	µg	2	--	--	5	1
Choline, total	mg	5.3	--	--	13.7	1.5
Vitamin B-12	µg	0.00	--	--	0.00	0.00
Vitamin B-12, added	µg	0.00	--	--	0.00	0.00
Vitamin A, RAE	µg	2	18	0.192	5	1
Retinol	µg	0	--	--	0	0
Carotene, beta	µg	22	--	--	57	6
Carotene, alpha	µg	0	--	--	0	0
Cryptoxanthin, beta	µg	0	--	--	0	0
Vitamin A, IU	IU	37	18	3.838	96	10
Lycopene	µg	0	--	--	0	0
Lutein + zeaxanthin	µg	11	--	--	28	3
Vitamin E (alpha-tocopherol)	mg	0.12	--	--	0.31	0.03
Vitamin E, added	mg	0.00	--	--	0.00	0.00
Vitamin D (D2 + D3)	µg	0.0	--	--	0.0	0.0
Vitamin D	IU	0	--	--	0	0
Vitamin K (phylloquinone)	µg	5.3	--	--	13.7	1.5
Lipids						
Fatty acids, total saturated	g	0.020	--	--	0.052	0.006
4:0	g	0.000	--	--	0.000	0.000
6:0	g	0.000	--	--	0.000	0.000
8:0	g	0.000	--	--	0.000	0.000
10:0	g	0.000	--	--	0.000	0.000
12:0	g	0.000	--	--	0.000	0.000
14:0	g	0.001	--	--	0.003	0.000

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup 259g	1 fig with liquid 28g
16:0	g	0.015	--	--	0.039	0.004
18:0	g	0.004	--	--	0.010	0.001
Fatty acids, total monounsaturated	g	0.022	--	--	0.057	0.006
16:1 undifferentiated	g	0.000	--	--	0.000	0.000
18:1 undifferentiated	g	0.022	--	--	0.057	0.006
20:1	g	0.000	--	--	0.000	0.000
22:1 undifferentiated	g	0.000	--	--	0.000	0.000
Fatty acids, total polyunsaturated	g	0.048	--	--	0.124	0.013
18:2 undifferentiated	g	0.048	--	--	0.124	0.013
18:3 undifferentiated	g	0.000	--	--	0.000	0.000
18:4	g	0.000	--	--	0.000	0.000
20:4 undifferentiated	g	0.000	--	--	0.000	0.000
20:5 n-3 (EPA)	g	0.000	--	--	0.000	0.000
22:5 n-3 (DPA)	g	0.000	--	--	0.000	0.000
22:6 n-3 (DHA)	g	0.000	--	--	0.000	0.000
Fatty acids, total trans	g	0.000	--	--	0.000	0.000
Cholesterol	mg	0	--	--	0	0
Amino Acids						
Tryptophan	g	0.003	--	--	0.008	0.001
Threonine	g	0.012	--	--	0.031	0.003
Isoleucine	g	0.012	--	--	0.031	0.003
Leucine	g	0.017	--	--	0.044	0.005
Lysine	g	0.015	--	--	0.039	0.004
Methionine	g	0.003	--	--	0.008	0.001
Cystine	g	0.006	--	--	0.016	0.002
Phenylalanine	g	0.009	--	--	0.023	0.003
Tyrosine	g	0.016	--	--	0.041	0.004
Valine	g	0.014	--	--	0.036	0.004
Arginine	g	0.009	--	--	0.023	0.003
Histidine	g	0.005	--	--	0.013	0.001
Alanine	g	0.023	--	--	0.060	0.006
Aspartic acid	g	0.090	--	--	0.233	0.025
Glutamic acid	g	0.037	--	--	0.096	0.010

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup 259g	1 fig with liquid 28g
Glycine	g	0.013	--	--	0.034	0.004
Proline	g	0.025	--	--	0.065	0.007
Serine	g	0.019	--	--	0.049	0.005
Other						
Alcohol, ethyl	g	0.0	--	--	0.0	0.0
Caffeine	mg	0	--	--	0	0
Theobromine	mg	0	--	--	0	0